

# Northampton Parks & Recreation Aquatic and Family Center



Located at JFK Middle School, 100 Bridge Road, Florence, MA 01062

# **POOL SCHEDULE**August 2023

- Check schedule carefully. Call ahead to inquire about lane availability.
- Proper swimming attire is required, no cotton clothing.

### **MONDAY**

- 6:45 7:45 am Lap swim (3 Lanes) / Water Aerobics (7 7:40 am) [NO Open Swim]
- 7:45 9:00 am Lap swim (3 Lanes) / Open Swim with Diving Board
- 4:15 5:30 pm Lap swim (4 Lanes) Open swim NO Diving Board
- 5:30 7:30 pm Lap swim (3 Lanes) Open swim with Diving Board

### **TUESDAY**

- 6:45 7:45 am Masters' Swim Class (6 lanes) / NO Lap or Open swim
- 7:45 9:00 am Lap swim (3 Lanes) / Open Swim with Diving Board
- 4:15 5:30 pm Lap swim (4 Lanes) Open swim NO Diving Board
- 5:30 7:30 pm Lap swim (3 Lanes) Open swim with Diving Board

# **WEDNESDAY**

- 6:45 7:45 am Lap swim (3 Lanes) / Water Aerobics (7 7:40 am) [NO Open Swim]
- 7:45 9:00 am Lap swim (3 Lanes) / Open Swim with Diving Board
- 4:15 5:30 pm Lap swim (4 Lanes) Open swim NO Diving Board
- 5:30 7:30 pm Lap swim (3 Lanes) Open swim with Diving Board

# **THURSDAY**

- 6:45 7:45 am Masters' Swim Class (6 lanes) / NO Lap or Open swim
- 7:45 9:00 am Lap swim (3 Lanes) / Open Swim with Diving Board
- 4:15 5:30 pm Lap swim (4 Lanes) Open swim NO Diving Board
- 5:30 7:30 pm Lap swim (3 Lanes) Open swim with Diving Board

## **FRIDAY**

- 6:45 7:45 am Lap swim (3 Lanes) / Water Aerobics (7 7:40 am) [NO Open Swim]
- 7:45 9:00 am Lap swim (3 Lanes) / Open Swim with Diving Board
- 4:15 5:30 pm Lap swim (4 Lanes) Open swim NO Diving Board
- 5:30 7:30 pm Lap swim (3 Lanes) Open swim with Diving Board

# **SATURDAY**

9:00 am - 1:00 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board

1:00 pm - 3:00 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

### SHINDAY

10:00 am - 3:00 pm - Free Senior Swim for Northampton Residents (55 and older)

10:00 am - 1:00 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board

1:00 pm - 3:00 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

AFC will be CLOSED Monday August 14 - Monday August 28 (Annual Maintenance)

**OPEN SWIM**: The diving board, where indicated, and 3 lanes are open for leisure swim.

LAP SWIM: Designated lanes for swimming laps and aquatic fitness use

**LAP SWIMMING ETIQUETTE; PLEASE READ:** Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim *LAPS* in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

Aquatic & Family Center 413-587-1046
Parks & Rec Office
413-587-1040
www.northamptonma.gov/recreation

Over for Full Calendar Updated 8/17/23

FOR MORE INFORMATION & TO REGISTER



OPEN YOUR CAMERA APP ON YOUR PHONE & FOLLOW THE PROMPT



# JFK Pool Calendar August 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Masters (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap (3 Lanes) / Open Swim (with Diving) 7:45-9am Rec Camp 1-3:45pm Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) / Open Swim (with Diving) 5:30-7:30pm	Lap (3 Lanes) / H2O Aerobics 6:45-7:45am [NO Open Swim] Lap (3 Lanes) / Open Swim (with Diving) 7:45-9am Rec Camp 12-3:45pm Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) / Open Swim (with Diving) 5:30-7:30pm	Masters (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap (3 Lanes) / Open Swim (with Diving) 7:45-9am Rec Camp 1-3:45pm Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) / Open Swim (with Diving) 5:30-7:30pm	4 (Lab (3 Lanes) / H2O Aerobics 6:45-7:45am [NO Open Swim] Lap (3 Lanes) / Open Swim (with Diving) 7:45-9am (with Diving) 7:45-9am Rec Camp 1-3:45pm Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) Open Swim (with Diving) 5:30-7:30pm	Lap(4 Lanes) Open swim NO diving 9am-12pm Lap(3 Lanes) Open Swim (with Diving) 12- 3pm
Resident Senior Free Swim 10am-3pm Lap(4 Lanes) Open swim NO diving 10am- 1pm Lap(3 Lanes) Open Swim (with Diving) 1- 3pm	7 Lap (3 Lanes) / H2O Aerobics 6:45 -7:45am [NO Open Swim] Lap (3 Lanes) / Open Swim (with Diving) 7:45-9am Rec Camp 12 -3:45pm Lap(4 Lanes) Open Swim (NO laping) 4:15-5:30pm Lap(3) Lanes) Open Swim (with Diving) 4:15-5:30pm Lap(3) Lanes) Open Swim (with Diving) 5:30-7:30pm	Masters (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap (3 Lanes) / Open Swim (with Diving) 7:45-9am  Rec Camp 1-3:45pm Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) / Open Swim (with Diving) 5:30-7:30pm	19 Lap (3 Lanes) / H2O Aerobics G:45-7:45am [NO Open Swim] Lap (3 Lanes) / Open Swim (with Diving) 7:45-9am Rec Camp 12-3:45pm Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) / Open Swim (with Diving) 5:30-7:30pm	Masters (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap (3 Lanes) / Open Swim (with Diving) 7:45-9am Rec Camp 1-3:45pm Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) / Open Swim (with Diving) 5:30-7:30pm	Lap (3 Lanes) / H2O Aerobics 6:45-7:45 am [NO Open Swim] Lap (3 Lanes) / Open Swim (with Diving) 7:45-9 am Rec Camp 1-3:45 pm Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30 pm Lap(3 Lanes) Open Swim (with Diving) 5:30-7:30 pm	Lap(4 Lanes) Open swim No diving 9am-12pm Lap(3 Lanes) Open Swim (with Diving) 12- 3pm
13 Resident Senior Free Swim 10am-3pm	14	15	16	17	18	19
Lap(4 Lanes) Open swim NO diving 10am- 1pm Lap(3 Lanes) Open Swim (with Diving) 1- 3pm Birthday Party: Carlotto 1:00-2:00pm	AFC CI	OSED	FOR ANN	FOR ANNUAL MAINTENANCE	INTENAL	VCE
20	21	22	23	24	25	26
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AFC CLOSED	AFC CLOSED	Lap (3 Lanes) / Open Swim (with Diving) 7:45-8:45am Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) Open Swim (with Diving) 5:30-7:30pm	Lap (3 Lanes) / H2O Aerobics 6:45-7:45am [NO Open Swim] Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:15pm H2O Aerobics/Shared Open Swim (NO Diving) 5:15-6pm Lap(3 Lanes) / Open Swim (with Diving) 6-7:30pm	Masters (6 Lanes) / NO Lap or Open Swim 6:45-7:45am Lap(4 Lanes) Open Swim (NO Diving) 4:15-5:30pm Lap(3 Lanes) Open Swim (with Diving) 5:30-7:30pm	Daily Pool Lap/Open Swim Fees Resident: Adult / Senior / Youth: \$5.00 Non-Resident: Adult / Senior / Youth: \$8.00	oen Swim Fees / Youth: \$5.00 snior / Youth: \$8.00 Revised 8/17/23